

Lenten Guided Prayer 2022

Seeking God's Ways



Prayer Guide 3

For the week beginning March 20, 2022

From Earning to Receiving

Scripture: Isaiah 55:1-9; Psalm 63: 1-8
Luke 13: 1-9; I Corinthians 10:1-13

Invitation

The texts this week invite us to receive God's gifts of grace and present us with probing questions. Hear the invitation in Isaiah 55 to all who thirst. Listen to the question about why we turn to other things that do not truly satisfy the deep thirsts and hungers in our lives. Consider how the parable in Luke 15 is also a picture of grace.

Opening Prayer

Sustaining God, our inner and outer lives are so often filled with noise and distractions making us strangers to ourselves and to our deepest thirsts. Reveal to us our impulsive seeking to quench our unrecognized thirsts and help us to open ourselves to receive your life-giving water. Amen.

Meditative Reading

Read Isaiah 55:1-9 slowly and attentively. Re-read vs 1-3a & 8 as a personal invitation to you. Imagine the refreshing water God is offering to you and all who thirst. Delight in the sustaining and satisfying food that is freely offered, without cost. What is the invitation to you in these reflections?

Reflection

Take a small empty bowl and place it on the path you have created. Reflect on ways in which you use food or activities to satisfy your boredom or inner longings. Consider whether these forms of nourishment are truly satisfying. Are there other ways in which you would like to nourish your soul in this Lenten season?

Closing Prayer

God, I acknowledge that your ways are not my ways. Help me to thirst more deeply for your ways. Thank you for this Lenten season of looking at what sustains us. Thank you for your life-giving nourishment.

Additional Prayer Options

Select a prayer suggestion from the list below that attracts you, challenges you or causes you to question. You may stay with the one way of praying throughout the week or try several options.

Praying With Scripture

Read Luke 13:1-9, noting the difficult questions it presents about the relationship between God's justice and mercy. What is the call to repentance about? To whom is it addressed? In the parable of the fig tree, consider the owner and the gardener. How does this text speak to you about receiving vs earning God's grace? Reread the text and allow the images of grace and mercy to soak into your spirit.

Praying Through Your Life

Ponder the image of a barren tree. Draw or journal about your reflections. What feels barren in your spirit? What are some of the nutrients or supports you need to enrich the growing conditions of your life? Who or what is helping to tend your soil?

Praying With Music and Art

Choose music connected to this week's theme, on your own or from this list. Pray with the lyrics. Sing, play an instrument, dance, walk or drive with this music. You may want to compose music or create art to further explore these stories and themes.

"O let all who thirst"

Hymnal: A Worship Book #495

"All Who Are Thirsty"

Voices Together #49

"There's a Wideness in God's Mercy"

Voices Together #156

Consider using artwork connected to the scripture passages for this week to enrich your prayers. Take time to ponder the image. Invite God to speak to you through it. One option is ["In the Orchard" or "Gardener near a Gnarled Apple Tree" by Vincent Van Gogh](#) (search online).

Praying for Our World

Consider the images from Isaiah 55 of life-giving water and nourishing food that is freely given. How do they speak to you about the boil water advisories in many Indigenous communities, or places in our world where many do not have a safe water supply or adequate food? How are we called to respond to these needs?

Review what you have experienced during your prayer times. Decide what is meant for you alone and what you are comfortable sharing if you are meeting with a group.